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# SAVAGE Business Page



## The next time you sneeze, call LifeForce Family Chiropractic

The next time you sneeze, instead of reaching for your medicine cabinet or a box of tissues to calm your allergies, it's a good time to visit a chiropractor.

Most people never think about it, but Neurological Based Chiropractic care can help prevent allergy, asthma, and common cold relief.

In fact, LifeForce Family Chiropractic in Savage has had a 100 percent success rate in the past and currently has a 90 plus percent success rate in getting people off allergy medications, said Dr. Wade A. Lofton.

"If you strengthen your immune system, the less susceptible you are for allergies and sickness," he said.

That's because chiropractic care often thought necessary for only back and neck problems, can help keep the body operating at peak performance, according to research.

The body's immune system helps prevent disease and infection, deal with stress and highly contributes to overall well-being. The immune system also tackles the invasion of foreign substances in the body such as pollution, dust, dead cells, etc.

Current research shows there is a direct link between the nervous system and the immune system.

That's where Neurological Based Chiropractors come in. Chiropractors remove nerve interference or layers of abnormal neurological patterns in the brain & spinal cord of the spine through specific scientific neurological based adjustments, which allows the immune system to work optimally.

Bottom line is the immune system is affected by nerves and hormones.

When an immune system is not operating effectively, it can fail to recognize and remove abnormal cells, including those that are cancerous. A weak immune system may not be able to fight infections; it may overreact to things such as bee stings, penicillin, certain foods and pollen; and become depressed making you more vulnerable to disease, research shows.

Allergic reactions are the most frequent immune disorders. Allergic reactions occur when the body's immune system overreacts to allergens and in turn responds by overproducing neutralizing chemicals such as histamines in the body to correct the problem.

So, what causes allergies? No group of scientist agree.

Some theories say it's our ever-increasing sterile environment. Others suspect the overuse of antibiotics and vaccinations.

But there is no question that our immune system is at its best when fighting off disease, parasites, and bacteria all by itself. The more we try and help it with artificial and toxic chemicals, the weaker it becomes.

Research shows, that children who live on farms and are exposed to different animals and the outdoors have fewer allergies than those who are not exposed.

According to a study done and published in the Sept. 19, 2002 New England Journal of Medicine and the Aug. 28, 2002 Journal of the American Medical Association: In Europe children's immune systems work better when they are exposed to germs, dust and dirt at an early age.

Both articles state that it is a needed part of

development for children to be exposed to certain amounts of germs and other irritants in order for their immune systems to develop properly and give adequate protection later in life.

These findings are completely opposite of what most doctors were telling their patients over the past several decades.

The results of the study showed that just 3 percent of farm children had the common type of asthma known as atopic and 4 percent had hay fever. In non-farming households, 6 percent had atopic asthma and almost 11 percent hay fever.

This showed that exposure to farming in the first year of life was especially protective. In the U.S., the asthma rate rose about 74 percent between 1980 and 1996 but decreased slightly by 1999, the most recent year available, according to the Centers for Disease Control and Prevention. About 10.5 million Americans have asthma, and 24.8 million have hay fever.

Traditional allergy treatments only deal with the symptom without addressing the cause. This is because western medicine has no cure for allergies. Worse yet, antihistamines used over time or combined with other medication can be deadly. More recently, Canadian researcher Lome Brandes, in an article published in the May 1994 Journal of the National Cancer Institute, has produced research showing that certain antihistamines (Claritin, Hismanal and Atarax) make cancerous tumors grow faster in lab rodents.

### Studies show no need for allergy meds

A new study finds that almost two-thirds of those who take allergy drugs don't need them.

Dr. Sheryl Szeinbach, of Ohio State University, studied 265 patients taking allergy medications. The study found that 65 percent did not actually suffer from allergies.

The consequences are that people who are misdiagnosed can waste as much as \$80 a month for the prescription drugs taking medicines they don't need.

Additionally, side effects from these medications can also be a factor while the medications these people are taking fail to relieve the real symptoms.

Dr. Beth Com, an allergist at Mount Sinai Medical Center in New York says, "It's very obvious to anyone who practices in the field of allergy that there are many patients who walk around who are misdiagnosed." Dr. Com explains, "There's also an incredible influence for marketing where patients will watch television and they'll see commercials or they'll be on a bus and they'll see ads for medications and they want these medications."

Supporting studies show that parents of 13,944 infants, children and adolescents from 2 months through 16 years old, were interviewed to check their history of asthma and allergies in relationship to the children receiving the DPT (diphtheria-tetanus-pertussis) vaccine. The results showed a significant increase in the likelihood of children to get allergies and asthma after having received the DPT shot.

Dr. Wade Lofton witnesses first-hand every day the healing power of two of the world's best kept secrets: Christianity and Neurological Based Chiropractic Care.

### So how do chiropractors help?

The answer is simple, Neurological Based Chiropractic care releases stress on a patient's nervous system. This allows the immune system to operate more effectively, which is beneficial to anyone and especially those suffering from allergies.

The chiropractic approach is to remove subluxations in the Neurological System and Spine, which interfere with the Central Nervous System (Brain & Spinal Cord) activity. Free from nervous

system stress and your body will work more effectively to neutralize the allergy-causing chemicals in your environment.

No matter what disease or condition you have, you can benefit from a healthy spine and nervous system.

Spinal health can be as important for your overall healing as proper nutrition, rest, and exercise. Are you and your family carrying the vertebral subluxation complex in your spines? Only a chiropractic spinal checkup will tell. A healthy spine can improve your life – Call today to schedule your spinal checkup.

### Pioneers in Torque Release Technique

LifeForce Family Chiropractic is one of the few doctor's offices in the state specializing in the Torque Release Technique- a powerful neurological-based method used to help people overcome addictions, depression, anxiety, infertility in women and improve their well-being and performance of their bodies.

The gentle, low-force technique combines the best of time-proven and cutting-edge scientific principles. Its success has been documented in mainstream peer-reviewed Medical journals and multiple Chiropractic journals, as well as featured in a documentary on the Discovery Channel.

The technique can be performed on patients of all ages, including children; many times entire families come in together to experience the benefits of Torque Release.

The breakthrough benefits of Torque Release have been noted both by numerous scientific studies and in the results being seen locally. Dr. Lofton notes that his practice has had a very success rate in treating patients with depression who completed their corrective care program.

Using Torque Release and other techniques, the doctors also have had success treating a wide range of addictions- whether to food, alcohol, sex, drugs, nicotine or gambling. While traditional treatment programs have a success rate of 30 percent of patients who complete their treatment programs, one study has shown a 100 percent retention rate for addicts receiving torque release adjustments five times a week for four weeks.

### A faith-based practice

Dr. Lofton, a Doctor of Chiropractic, owns and operates LifeForce Family Chiropractic PA at 8734 W. Egan Drive in Savage, where he works alongside Dr. Lance Zimney and Dr. Adam Lilla to improve the quality of people's lives through Neurological Based Chiropractic adjustments and prayer.

The Christ-centered Doctor's facility relies on a combination of Science and Biblical means to provide health and healing.

"We believe God is our healer and giver of health and that your body has the capability to heal itself from anything when given the right opportunity regardless of what your faith is," Dr. Lofton said. "We believe we're just the vessels God uses and if we are blessed he will use us and anoint us to allow for healing to take place in people's bodies. He gives us the insight, knowledge and wisdom, and as Doctors we apply it to help serve people and assist them in getting their health back."

Dr. Lofton, Dr. Zimney and Dr. Lilla pray for all of their patients, often the Doctors pray out loud while they are caring for them. As a result of prayer and skilled Neurological Based Chiropractic care, countless patients have been able to go off their medications and lead healthier lives.

While all of his patients appreciate his approach, Dr. Lofton stresses that their facility doesn't push their faith on anyone or make them feel uncomfortable. Still, many times he has seen nonbelievers have a change of heart and give their lives to Christ or believers gain a stronger respect and connection for their physical bodies and personal savior. In fact, many patients travel from other states on a weekly and monthly basis to benefit from the health-care services and prayer-based healing offered at LifeForce Family Chiropractic.

"We let the work and the fruit from the tree speak for itself," Dr. Lofton said.

**Dr. Adam Lilla • Dr. Wade A. Lofton • Dr. Lance A Zimney**  
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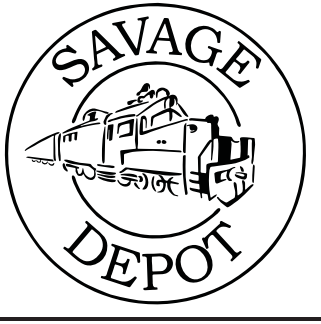


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